



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

www.sandiego.gov

NED BAUMER MIRAMAR COLLEGE AQUATIC CENTER

10440 BLACK MOUNTAIN ROAD ♦ SAN DIEGO, CA 92126 ♦ (858) 538-8083

WINTER / SPRING SCHEDULE 2010



EFFECTIVE: JANUARY 19-JUNE 27, 2010



LAP SWIM

Monday/Wednesday	7:00 am-1:30 pm
Tuesday/Thursday	8:00 am-1:30 pm
Friday	9:30 am-1:30 pm
Saturday	12:00 pm-3:00 pm
Sunday (<i>starting April 11</i>)	12:00 pm-3:00 pm

RECREATIONAL SWIM (Rec. Pool)

Monday- Friday	11:00 am-3:00 pm
Saturday	12:00 pm-3:00 pm
Sunday (<i>starting April 11</i>)	12:00 pm-3:00 pm

Large Slide opens for the season beginning May29th

CHILDREN'S POOL- Starting April 12

Monday- Friday	11:00 am-3:00 pm
Saturday/Sunday	12:00 pm-3:00 pm

All persons entering the facility during Recreation and Lap Swimming MUST pay admission fee.

MEMORIAL DAY 12:00 pm-3:00 pm

FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/30 swims
Adults (16 & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

Passes expire one year from the date of issue and can be used at any City Pools.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or a responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



WATER FITNESS

Aquatic Body Conditioning (ABC)

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Monday / Wednesday / Friday
9:30a.m-10:30a.m**

Water Fitness Fees:

Adult/Senior Drop-in	\$3.50/class
Discount Pass	\$30.00/10 classes



POOL CLOSURES

February 15 March 31 June 1 thru 13



All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.



All City of San Diego parks, Pools and Beaches are Smoke Free

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

Prerequisite: Pool Manager's approval



Starts February 1, 2010
Monday, Wednesday, Friday
5:30-6:30 pm

Fees: \$25.00/Month

YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 6 to 17 years of age.



Starts April 6, 2010
Tuesday & Thursday
5:30-7:00 pm

Fees: \$25.00/Month

EMERGENCY TESTING- All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated

RENTALS- All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager

DONATIONS- By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235

VOLUNTEERS NEEDED! Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017

SWIMMING LESSONS

Registration begins Saturday, March 6

Registration Hours:

Monday thru Thursday 9-12 pm & 3:00 pm-6:00 pm
Saturdays 12:00 pm 2:30pm.

Monday/Wednesday 8/40 minute classes
Session 1 April 5-April 28

4:00-4:40pm	Tiny Tots	Adv. Tots	
4:45-5:25pm	Tiny Tots	Super Tot	Beginner 1
5:30-6:10pm	Beg 2	Beginner 3	
6:15-6:55pm	Adults		

Session 2 May 3-May 26

4:00-4:40pm	Tiny Tots	Adv. Tots	Super Tots
4:45-5:25pm	Tiny Tots	Super Tots	Beginner 3
5:30-6:10pm	Beginner 1	Beginner 2	

Tuesday/Thursday 8/40 minute classes
Session A April 26-April 29

4:00-4:40pm	Tiny Tots	Adv. Tots	
4:45-5:25pm	Tiny Tots	Beginner 3	Super Tots
5:30-6:10pm	Beginner 1	Beginner 2	

Session B May 4-May 27

4:00-4:40pm	Tiny Tots	Adv. Tots	
4:45-5:25pm	Tiny Tots	Beginner 3	Super Tots
5:30-6:10pm	Beginner 1	Beginner 2	

FEES:

Tiny Tots, Adv. Tot, Super Tots	\$80.75
Beginner 1, 2 and 3; Adults	\$53.75

REFUND POLICY- Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
 - Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
 - Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
 - Children are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Patrons must abide by the "no street shoes on the pool deck rule"

